

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

**SPRING
2016**



Happy Early Spring! In this edition, you will find helpful information for the months of March, April, and May. Make sure to watch for our Summer edition which will be out in June 2016!

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact Jackie at (920) 929-7506.

**April 10-16th is National
Volunteer week!**

Thank a volunteer or join the fun of volunteering!

Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

**50 N. Portland
Street
Fond du Lac, WI
54935**

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

Beware of Fake Social Security Emails

The SSA and Federal Trade Commission are warning Americans about a scam email with “Get Protected” in the subject line. The email describes new features from SSA that monitor unauthorized use of your SSN. If you receive an email like that, **don’t click on any of the links or open attachments**. Report it by forwarding the email to spam@uce.gov and visit www.onguardonline.gov to learn about other common online scams and how to avoid them.

FoodShare Practice Tip: Increase FoodShare Dollars by Reporting Medical Expenses

FoodShare allows certain medical expenses (in excess of \$35) incurred by the Elder/Blind/Disabled households to be deducted from income, often resulting in higher FoodShare allotments. However, medical expenses deductions are often overlooked by consumers and Income Maintenance Workers. Common examples include: Medicare Part B premiums; over-the-counter medications; prescription drug co-pays; hearing aids; dentures; and eye glasses or contact lenses.

*****Information from Disability Rights Wisconsin**

Low Vision Services at the ADRC!

Kathleen Connell from the Office of the Blind or Visually Impaired will be coming to the ADRC monthly on the 3rd Friday of the month from 1:00-3:00.

Kathleen's contact information:

141 NW Barstow Street, 4th Floor

Waukesha, WI 53188

Phone: 262-548-5862

Kathleen.Connell@wisconsin.gov

<https://www.dhs.wisconsin.gov/blind/index.htm>



Mark your Calendars for a Dementia Summit

When: April 7 from 1:00-4:30

Tentative Agenda: 1:00-1:30 Personal Story

1:30-2:30 Dr. Diane Mosnki

2:30-3:00 Faces of Dementia in Wisconsin-

An emerging Portrait by: Ginny Nyhuis

Alzheimer's Association

3:00-3:15 Break

3:15-4:15 Fond du Lac Resources

Memory Café-Mary Voell

Senior Center-Cathy Loomans

ADRC-Sandy Tryon discussing Music and Memory, Long Term Care Service

4:15-4:30 Survey-Fond du Lac Needs and Call to Action

Where: Community Church--N6717 Streblow Dr., Fond Du Lac, WI 54937

Who: Open to the community residents – what to expect, what the resources are in Fond du Lac, what the trends are regarding dementia.

Money Smart Week 2016--April 23rd-30th

Watch for additional information to be released!

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| ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI |
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Check out the ADRC Webpage

The ADRC webpage is a great place to find information on resources, events, and helpful links. Events are added all the time and posted on the website.

www.fdlco.wi.gov/adrc

Check out these pages on our website for GREAT information!

- “Helpful Links”
- “Find a Service”
- “Health and Wellness Events”



Mark your Calendars for a Guardianship Training!

Are you currently a Guardian? Do you work with individuals who are under Guardianship? Then this FREE training is for you!

- When: May 26, 2016 from 11:00 am -3:00 pm
- Location: Fond du Lac City/County Government Center Legislative Chambers
160 S. Macy Street Fond du Lac WI 54935
- Cost: Free

****More information will be added to the ADRC and Fond du Lac County website as it is released**

Senior's Opportunity Fair

When: Thursday, April 28th 10 am until 2 pm

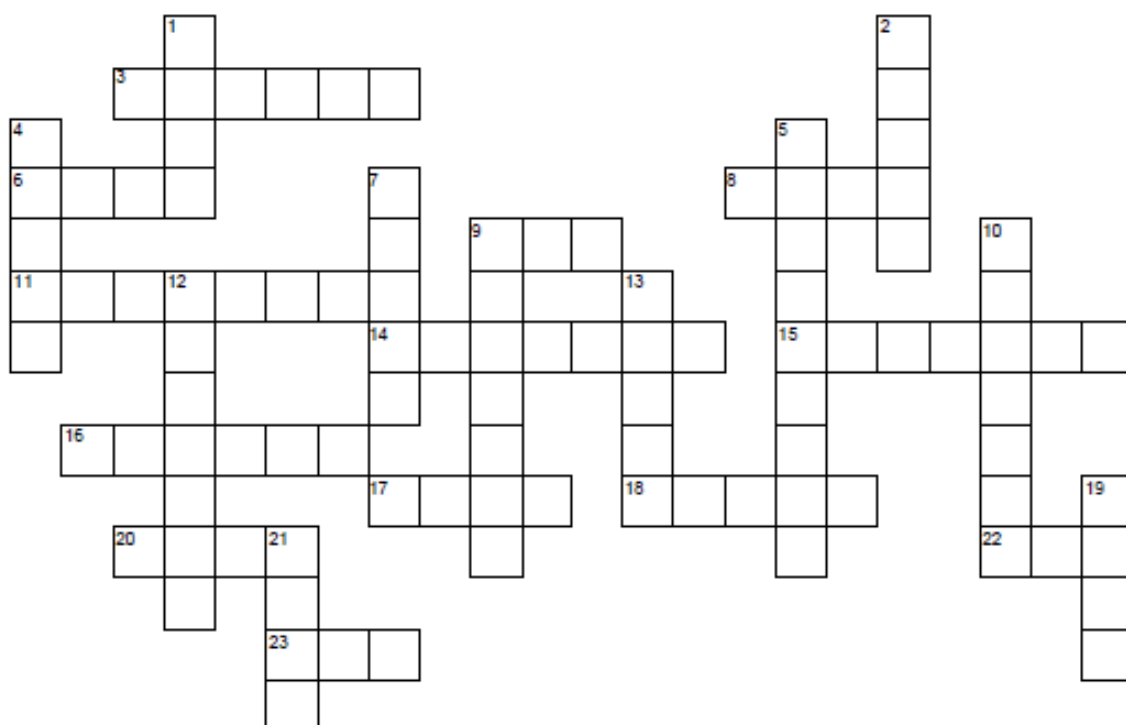
Where: Campbellsport Public Library 220 N. Helena Street Campbellsport

What: Get information about Health Care, Alzheimer's, Volunteer Opportunities, Veterans Services, Local Enrichment Classes plus more.

Cost: Free Admission

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| ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI |
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Spring Weather



ACROSS

- 3 Rain _____ the earth.
 6 March comes in like a _____.
 8 It makes kites fly.
 9 _____ makes it hard to see.
 11 It's supposed to rain today. Take an _____.
 14 March winds bring April _____.
 15 A loud noise associated with storms.
 16 No matter how long this season lasts, spring is sure to follow.
 17 Not too hot.
 18 If it's foggy in the morning, it will be _____ in the day.
 20 Not too cold.
 22 This gives light to help plants grow.
 23 Rain mixed with dirt. Don't track it in the house!

DOWN

- 1 Dark clouds often bring this.
 2 Hold onto your hat. It's _____ today.
 4 I may be white and puffy or dark and threatening.
 5 _____ flashes in the sky.
 7 This turns green as days grow warmer.
 9 April showers bring May _____.

- 10 Rain leaves these behind on the ground (but your mother probably doesn't want you to splash in them!).
 12 I can be seen after a storm.
 13 These bud with new leaves in early spring.
 19 This wintry substance sometimes falls in the spring.
 21 March goes out like this animal.



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http://www.theholidayzone.com/spring/Spring_Weather_Crossword_Puzzle.pdf

Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly **FREE*** workshop. Be prepared for the aging process and know the resources available to help you stay independent. **Limit 60 participants.**

Call **(920) 322-3630** by **Thursday, April 7, 2016** to reserve your seat!

Thursday, April 14 @ 1:30—3:00 p.m.

Understanding the Legal and Financial Aspects of Aging

Mike Gibbs, Attorney

Topic: Legal Planning for Health & Finance

Teresa Westing, Advanced Funeral Planning Specialist, Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes, Aurora Health Care

Thursday, May 12 @ 1:30—3:00 p.m.

Navigating through the ADRC & City/County Programs

Sandy Tryon, Fond du Lac County ADRC

Topic: Navigating the Aging & Disability Resource Center

Community Cares Inc. and Lakeland Care District

Topic: Navigating & Understanding Family Care

Rick Patton, Department of Veteran Services

Topic: Navigating V.A. Benefits

Julie Hilbert, Benefits Specialist, Fond du Lac County Senior Services

Topic: Insurance after Medicare

Thursday, June 9 @ 1:30—3:00 a.m.

How Can I Stay in My Own Home?

Above & Beyond Home Care Solutions;

Donna Yellen, Comfort Keepers

Topic: What is Non-Skilled Home Care?

Deb Winterhack, Generations Home Care & Hospice; Rehab Arices

Topic: What are Medical Home Care Options?

Kathy Kempf, Agnesian Adult Day

Topic: Adult Day Services

Bluestone Group

Topic: Visiting Physicians

Tanya Taylor, Agnesian Health Shoppe

Topic: Durable Medical Equipment

Lori Anderson, Fond du Lac County Senior Services

Topic: Senior Services & Meals on Wheels

*Participants must attend all sessions, lunch will be provided

Thursday, July 14 @ 1:30—3:00 p.m.

When Home is No Longer an Option

Ann Calnin, Residential Services, Inc.

Topic: What is Assisted Living?

Tina Hittman, ManorCare; Jody Goebel, Harbor Haven

Topic: What is Skilled Nursing & Rehabilitation,
How do I pay for it?

Thursday, August 11 @ 1:30—3:00 p.m.

Who will Be my Voice?

Deb Winterhack, Generations Home Health & Hospice;

Bryan Johnson, Heartland Hospice

Topic: Understanding End of Life Choices:

The role of hospice & passing the torch



**Senior Wellness
Coalition**

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



Introductory education program

For family members caring for
persons with dementia

Effective Communication Strategies – when Caring for a Person with Dementia

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Location:

Aging and Disability Resource Center
50 N. Portland Street, Fond du Lac
Lower Level Conference Room A

Presented by:

Ginny Nyhuis
Regional Services Manager
Alzheimer's Association

Date and Time:

Thursday, March 24, 2016
2:00 – 4:00 p.m.

Registration:

Contact Deborah Klement
414.479.8800 or 800.272.3900
dklement@alz.org

alzheimer's association®

Southeastern Wisconsin Chapter
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

414.479.8800 | Phone
800.272.3900 | 24/7 Helpline
www.alz.org/sewi
Hablamos Español, 414.431.8811





50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels at 920-929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

**If you would like to request to be on the mailing list
for our newsletter please call
(920) 929-3466, TTY: Use Relay, or email
adrc@fdlco.wi.gov.**

**Please watch for our Summer edition of
The Portland Resource in June 2016!!**